d) sealing said pouch containing said liquid to produce a sealed liquid containing pouch; and

e) sterilizing said pouch at a temperature of at least 118° C.

9. The method of claim 8 wherein said ethylene polymer is a copolymer of ethylene and a $C_3 - C_8$ alpha olefin comonomer.

10. The method of claim 9 wherein said comonomer is selected from the group consisting of propylene, 1-butene, 1-hexene, 1-octene, and 4-methyl-1-pentene.

11. The method of claim 10 wherein said comonomer is 1-hexene.

12. The method of claim 8 wherein said metallocene catalyzed ethylene polymer is catalyzed by a metallocene having a bridged bis indenyl or bridged bis tetrahydroindenyl ligand structure which is substituted or unsubstituted.

13. The method of claim 12 wherein said metallocene is a bridged bis tetrahydroindenyl ligand structure.

14. The method of claim 12 wherein said metallocene is a bridged bis indenyl or bridged bis tetrahydroindenyl ligand zirconium dichloride.

15. The method of claim 14 wherein said metallocene is a bridged bis tetrahydro indenyl zirconium dichloride.

16. The method of claim 15 wherein said metallocene is ethylene bis (4,5,6,7-tetrahydro-1-indenyl) zirconium dichloride.

17. The method of claim 8 wherein said metallocene catalyzed polyethylene has a melt index MI2 as measured according to ASTM D 1238 at 190° C. under a load of 2.16 kilograms within the range of 0.3 – 2.5 g/10 minutes.

18. The method of claim 15 wherein said ethylene polymer has a melt index MI2 within the range of 0.5 – 1.5 g/10 minutes.

19. The method of claim 15 wherein said ethylene polymer has a melt index MI2 within the range of 0.7 – 1.05 g/10 minutes.

20. The method of claim 1 wherein said pouch is sterilized at a sterilization temperature of 119° C.

21. The method of claim 20 wherein the said pouch is sterilized for 15 minutes.

22. A sterilizable container comprising:

a) a liquid fill pouch produced by the process of:

i) extruding a metallocene catalyzed ethylene polymer having a density within the range of 0.928 – 0.942 g/cm^3 into a parison;

ii) blow molding said parison into a pouch;

iii) introducing a liquid into said pouch;

iv) sealing said pouch containing said liquid to produce a sealed liquid containing pouch; and

b) said pouch characterized by retaining its integrity at a sterilization temperature of 118° C.

23. The container of claim 22 wherein the wall of said pouch has a transmittance of at least 95% as measured in accordance with ASTM D 1003.

24. The container of claim 23 wherein the wall of said pouch has a haze of less than 35% when measured according to standard ISO 14782.

25. The container of claim 24 wherein the wall of said pouch has a haze of less than 32%.

26. The container of claim 22 wherein said metallocene catalyzed ethylene polymer is a copolymer of ethylene and a $C_3 – C_8$ alpha olefin comonomer.